

# Vista del Lago Health Education

- Making Healthy Choices
- Decision Making Skills
- Goal Setting
- Risk Behavior
- Being Your own Health Advocate
- Health Components- Connected
- Health and Wellness



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# Health Topics

- Health and Wellness- Healthy Foundation
- Nutrition/ Physical Activity
- Mental and Social Health
- Drugs/ Alcohol/ Tobacco
- Family Life/STI



# Objectives of the Course

- Analyze current individual Health
- Understand Risk Behaviors and Consequences
- Become a lifelong learner as it pertains to our individual health
- Set short and long-term Health Goals